We Claim:

- 1. A process for forming vias in polymers with low dielectric constants, the process comprising the steps of:
 - (a) providing a substrate layer;
- (b) forming a lower level layer of dielectric, metal and/or circuit devices on said substrate layer;
 - (c) forming a seed layer on top of said lower level layer;
 - (d) forming a lower metal layer on said seed layer;
 - (e) forming one or more plated pillars having top surfaces on said lower metal layer;
 - (f) removing the seed player not under the lower level layer;
- (g) coating said one or more plated pillars and said seed layer with a low dielectric polymer;
 - (h) curing said polymer;
 - (i) exposing said top surfaces of said plated pillars; and
 - (j) forming a metal layer to contact said exposed top surfaces of said plated pillars.
- 2. The process as recited in claim 1, wherein said coating step comprises coating with a low dielectric planarizing polymer.
- 3. The process as recited in claim 1, wherein said coating step comprises coating with a low dielectric, non-planarizing polymer and forming a planarizing coating over said non-planarizing polymer.
- 4. The process as recited in claim 1, further including the step of applying a dielectric layer to said plated pillars and bottom metal layer.
- 5. The process as recited in claim 4, wherein said step of applying a dielectric layer comprises applying SiO₂.
- 6. The process as recited in claim 4, wherein said step of applying a dielectric layer comprises applying Si₃N₄.

- 7. The process as recited in claim 1, wherein the step of coating comprises coating said one or more plated pillars and said lower metal layer with a silicon-based polymer.
- 8. The process as recited in claim 7, wherein the step of coating said one or more plated pillars and said lower metal layer comprises coating with benzocyclobutene.
- 9. The process as recited in claim 7, wherein the step of coating said one or more plated pillars and lower metal layer comprises coating with polynorbornene.
- 10. The process as recited in claim 1, wherein said step of forming said one or more plated pillars includes a step (k) of utilizing a photoresist with a re-entrant profile.
- 11. The process as recited in claim 10, wherein step (k) comprises utilizing a negative i-line resist.
- 12. The process as recited in claim 10, wherein step (k) comprises utilizing a NH₃ image reversal of a positive photoresist.
- 13. A process for forming vias in polymers with low dielectric constants, the process comprising the steps of:
 - (a) providing a substrate layer;
- (b) forming a lower level layer of dielectric, metal and/or circuit device on said substrate;
 - (c) forming a bottom metal layer on said lower level layer;
 - (d) forming one or more pillars from a photoresist on said lower metal layer;
 - (e) coating said one or more pillars with a polymer;
 - (f) curing said polymer;
 - (g) etching back said polymer to expose said photoresist pillars
 - (h) removing said one or more photoresist pillars to form vias; and
- (i) forming a metal layer to contact said bottom metal layer on top of said polymer coating.

- 14. The process as recited in claim 13, further including the steps of:
- (j) forming a dielectric on top of said bottom metal layer and said lower level layer before said coating step; and
- (k) removing said dielectric layer from said bottom metal layer before said metal layer is formed on top of said polymer coating.
- 15. The process as recited in claim 14, wherein said step of forming a dielectric comprises forming a SiO₂ layer.
- 16. The process as recited in claim 14, wherein said step of forming a dielectric comprises forming a Si₃N₄ layer.
- 17. The process as recited in claim 13, wherein said coating step comprises coating with a low dielectric planarizing polymer.
- 18. The process as recited in claim 13, wherein said coating step comprises coating with a low dielectric, non-planarizing polymer and forming a planarizing coating over said non-planarizing polymer.
- 19. The process as recited in claim 13, wherein the step of coating comprises coating said one or more photoresist pillars with a silicon-based polymer.
- 20. The process as recited in claim 19, wherein the step of coating said one or more photoresist pillars comprises coating with benzocyclobutene.
- 21. The process as recited in claim 19, wherein the step of coating said one or more photoresist pillars comprises coating with polynorbornene.
- 22. The process as recited in claim 13 wherein the step of forming one or more pillars includes a step (l) of utilizing a photoresist with a re-entrant profile.

- 23. The process as recited in claim 22, wherein step (l) comprises utilizing a negative i-line resist.
- 24. The process as recited in claim 22, wherein step (l) comprises utilizing a NH₃ image reversal of a positive photoresist.